



I attended Kimberli Buckley's All About Adulting session during the YALSA symposium. Kimberli is with the Contra Costa County CA library and has been doing life skills programming for young adults for many years. I'm sharing many of her ideas as well as some of my own with you today.

Google?



someecards.com

As librarians we know, Google is a teen's (adults too for that matter) go to for finding information. I always told my students that Google is a verb, reminding them it is a search engine, not the source of information but a tool to help you find information. A program on ways to research and how to find accurate information would be a good place to start with an Adulting series. Of course, always promote the library's resources!

What is Adulting?

Adulting: an informal term to describe behavior that is seen as responsible and grown-up. This behavior often involves meeting the mundane demands of independent and professional living, such as paying bills and running errands.



[dictionary.com](https://www.dictionary.com)

How many times a day do you hear someone use the term? Adulting has only recently become commonly used to refer to actions taken by a person who would be considered an adult.

Milestones of an Emerging Adult

- Get a job
- Budget money
- Learn how to cook
- Do their own laundry
- Open a bank account
- Obtain their own healthcare
- Maintain personal hygiene
- Make their own appointments

30% of college students don't know how to boil an egg

52% of young adults can't change a tire

70% of emerging adults can't sew a button

Fortunately, personal finance is a graduation requirement in the State of Missouri but the curriculum does not focus on life skills. Most youth graduate without the needed life skills to navigate life and this is where the library can step in with needed life skills programs.

Big Three

- Job
- Money
- Food

Yes, housing is a need as well, but the big three must be in place before housing is a consideration.

Workshop Ideas - Jobs

- How to create a resume
- Applying for jobs
- Online job applications
- Successful job interviews

Resumes

Resumes should

- Be plain and simple
- One page - two pages only if you can fill the page
- Include a professional email address
- Contain no typos or spelling errors

You might also consider a program on creating digital resumes with Linked In

Make your resume program hands-on so that participants are getting practice in creating resumes or make it a half-day or full day program and participants leave with a completed resume.

70% of resumes are thrown out for unprofessional email addresses!

Typos and spelling errors are also likely to get a resume thrown out

Job Interviews

- Review and practice common interview questions
- Practice interviewing - pair participants and do mock interviews
 - Maintain eye contact
 - Use appropriate body language
 - Dress appropriately
 - Answer questions in an informed manner

Plan a workshop that covers what teens need to know to get ready for a job interview. Let participants know don't just show up for the interview but be prepared. They want to make the best impression they can on the interviewer. This is also an opportunity for a partnership with the school counselor/career counselor.

Workshop Ideas - Money

- Budgeting Basics
- Managing a Bank Account
- How to Pay Bills
- Wants vs. Needs



Host a hands-on program – have teens create a weekly budget, discuss (or host guest speaker) how to set up a bank account at a local bank, how to use online bill paying and financial literacy.

Create a photo slide show showing how wants/needs have changed over the years. Have participants sort the photos into wants and needs.

Money – Where does it go?

- Organic Foods
- Student Loans
- Charity
- Travel

Statistics for 2019 show young adults 18-25 spend money mostly in these areas.

Program Ideas – Food & Cooking

- Making a shopping list
- Couponing
- Meal Prep
- Offer a cooking workshop



Alternative Cooking Ideas

- Microwave
- Toaster Oven
- Iron
- Insta-Pot



Yes you can have a workshop in the library without a kitchen!

French toast in the microwave

Pizza in a toaster oven

Quesadillas with an iron

Insta-Pots are very popular right now and would be perfect for a library program.





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